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Foundation News & Updates

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Conscious Living

The Fundamental Things

Conscious Living in Daily Life

*by Chris Borrett **

What does this even mean?

Some might think it has to do with ten minutes or twenty minutes you do it and then just be your ordinary self for twenty-four hours; that is stupid. The real thing is to give you a clear-cut idea how you can become more conscious; I call it meditation, working, walking, or sitting. It is like saying to a person that every day in the morning twenty minutes breathe and then forget all about it, because you have to do many other things. And then next day morning you can breathe again. To me meditation is exactly like breathing. So whatsoever you are doing and wherever you are, do it more consciously.

For example, years ago after I had read numerous books of Osho, I gradually began to understand that I needed to be more present IN the present moment and obviously more present to whatever I was doing. I was driving to work in the Sydney Central Region and every day travelled about an hour and a half. But what I had not been doing was to be more conscious of my hands on the wheel, as well as feeling that my whole body whilst driving, was as relaxed as possible. I saw that I was not aware at all of when I was moving my arms or hands around the steering wheel of my car.

What I mean is that I can raise my hand without any consciousness, just unconsciously, out of habit, but you can raise your hand with full awareness. And you can see the difference between the two, so I started bringing more awareness to these actions as I drove to Sydney.

“The act is the same: one is mechanical, another is full of consciousness and the quality is tremendously different. Try it because it is a question of taste and experience. Walking, just try for few minutes to walk consciously; each step be alert, and you will be surprised that the quality of your walk is totally different, it is relaxed. There is no tension and there is a subtle joy that is arising out of your relaxed walking. And the more you become aware of this joy, the more you would like to be awake.

Eating, eat with awareness.....and if you become aware, while you are eating a few things happen as a by-product of awareness. Your eating will be slowed down. You will start chewing, because unless you chew your food you are putting unnecessary burden on your whole system. Your stomach has no teeth. Exactly one has to chew forty-two times each bite. Then anything that you are eating becomes liquid. The man of awareness eats only that much that his body needs. He immediately feels that now there is no need, the hunger is gone, he is content.... so, my meditation is a totally different kind of approach. It has to be spread all over your twenty-four hours. Even falling asleep remain alert how sleep is descending on you, so slowly, so silently, but you can hear the steps. The darkness is growing, you are relaxing -- you can feel the muscles, the body, the tense parts which are preventing the sleep -- and soon you will see the whole body

has relaxed and the sleep has come. But slowly, slowly, a great revolution happens. “

In the West, we just seem to keep being busy to somehow avoid ourselves, to not encounter ourselves. So, we do anything stupid. Go to see a movie, go to a sermon in the church, go to the circus, to any restaurant, but keep ourselves busy, from the morning till we fall asleep. And in sleep, also we keep ourselves busy with our dreams; never leaving a gap in which we have to face ourselves, and to face yourself is the essence of meditation. “ Osho

There are 112 Techniques of Meditation and people ask me, how to meditate? They should simply ask how not to get busy, and they should start cutting out the trivia in which they are continuously wasting their life -- out of one hundred percent you will find ninety-five percent of your business is utterly useless and stupid -- and then you will have enough time to see yourself, to face yourself in different aspects, to encounter yourself as deeply as possible.

To continue reading the article [click here](#)

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Philanthropy

The Three Phases of Philanthropy

In the general sense any form of philanthropy is good. for both the giver and the receiver.

There are several phases that a giver goes through when giving a gift.

The first phase is when there is a distinct giver and receiver. There is duality. The giver gives and a receiver receives. It is externally focused.

The second phase is when the giver feels grateful that he or she is able to give because the giving is an affirmation of the abundance of the giver. Here there is still a giver and a receiver but the giver is less concerned about who the receiver is. That he or she is giving a gift is the focus.

The third phase is conscious giving. Conscious giving is the realization that one consciousness is behind every giver and every receiver. The gifting is an event, a happening. The distinction between the givers and receivers has vanished.

As there are streams that go towards the ocean and other streams emanate from the ocean, the ocean is not diminished nor enhanced by any of the streams.

Business Insights*

*We have created a dot com website dedicated to uplifting the human spirit, as well as business related educational materials. <https://fearlessheartsfoundation.com>
The business resources are here*

<https://www.fearlessheartsfoundation.com/business-resources>

The books are here <https://www.fearlessheartsfoundation.com/resources>

The music is here <https://www.fearlessheartsfoundation.com/well-being>

You are welcome to send us success stories and how you got there in the areas of fundamentals, business ideas and if you'd like a commentary on your business as listed below:

Fundamentals of Being in Business

Business Ideas

Commentary

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Feedback

We welcome your feedback on this newsletter and if there are topics regarding conscious living, business insights or philanthropy that you would like to write about you are welcome to send it to us for review. Send us your review, comments and anything you wish to share with us via email at fhfinusa@gmail.com

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